



Gold and enamel Pocket Watch, Switzerland, 1840

A Tip

Take a tip from time - leave the past where it belongs...in the past.

Greatness lies in being uninfluenced by negative.

It is common to get influenced when we hear or see anything negative. But our effort should be such that we are not influenced by anything negative. For this, we need a long time of practice of seeing positive. If I have been seeing positive in a person, I will not easily connect to his negative, even if it is being expressed at that time. Today I will look at only positive in people. If anything negative comes my way, I will use it as an excuse to remind myself of that positive which I have been consciously practicing to see. This will help me to slowly connect to positive instead of the negative aspect of a person.

Filling Myself And Others With Invisible Treasures (cont.)

In yesterday's message, we had explained how soul consciousness provides us access to the ocean of the qualities of peace, love and joy that lie hidden inside our consciousness. An important point worth noting in this regard is that along with quenching my thirst, **I must also have a big heart, and pass on to others the qualities that I am receiving from my inner ocean.** Otherwise, over a period of time my spirituality reaches a standstill and although I am making an effort to fill myself I do not feel as content and fulfilled as before. This is because; the vessel with which I fill from the ocean can't be refilled unless I am also prepared to keep emptying it. That doesn't mean I have to drain myself spiritually.

It is just **that each time I give or donate a quality from my inner ocean with a positive intention to someone; it flows from inside me and then gets transmitted to the other. Before the person experiences and benefits from the quality, I experience getting filled with it myself. Also, each time the person benefits from or even remembers the benefit in the future, he or she sends me positive energy, which, according to the Law of *Karma* fills me with the quality that I had donated, further.** Sometimes a person might benefit or remember the benefit after 10-15 years or even more than that. Even after such a long time has elapsed, I keep receiving a return from the pure donation I have made, and keep getting filled, even if I am not specifically or consciously aware of the same.

Soul Sustenance

The Art Of Tolerance (Part 3)

Someone who has the power of tolerance will never be afraid or think: "Why is this happening to me too?" **As they are constantly full, they will go deeper into the knowledge and the memory of what is essential in life.** The one who is full of fear is not capable of going deeper. That's why there is depth in something that is full (wholeness). The one who has expansion is empty; for this reason, something that is empty resounds and that person devotes him or herself to muttering (talking excessively) away.

The one who has wholeness is silent; the one who is empty speaks a lot. Someone who lives in expansion will be constantly murmuring saying things like: "Why this? What is this? This should not be like that but rather in this way. It shouldn't be like that". This person will continue talking in this way in their thoughts and in their words, and also while interacting with others. What happens when you chatter away, beyond the limits? Your murmuring leaves you dry, out of breath and you tire. **Those who are tolerant are saved from all these things and for this reason they always feel enjoyment and bliss, they do not chatter but rather fly in the wholeness of their inner silence.**

(To be continued tomorrow ...)

Message for the day

The method for easy progress is to claim the blessings of all.

Projection: Sometimes we find ourselves making a lot of effort and putting in a lot of energy for getting something done. Yet we find that the results are not according to the efforts that we have put in. We then begin to wonder it happens so.

Solution: To be able to give happiness to those around is to increase the speed of my progress. For this I need to pay special attention to keep giving happiness and not giving sorrow to those around me. This brings me their blessings and these subtle wishes bring me happiness and success easily.